### To Take "Fruit-a-tives"

594 CHAMPLAIN ST., MONTREAL. "For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I had frequent Dizzy Spells, and sleepy. I suffered from Rheu-After the first box, I felt I was getting that helped me". LOUIS LABRIE. Atall dealers or sent postpaid by Fruit-

a-tives Limited, Ottawa. Salvation Army.



Demand the Brand

### THE WORLD'S GREATEST DIGGING OPERATIONS

Today a man who could obtain permission from the military outhorities, and who was possessed Feli Wreichen Until He Started of ample leisure and abundant patience, and who did not mind dodging shells and bullets, might walk underground across Europe from the North Sea to the Alps.

He would follow a zig-zag and when I took food, felt wretched course of approximately 750 and sleepy. I stand with pains in my miles, this being the length of back and joints, and my hands swollen. the original first-line trenches A friend advised "Fruit-a-tives" and constructed by the Allies, and from the outset, they did me good. which are still practically intact. well and I can truthfully say that Opposite to this gigantic ditch. "Fruit-a-tives" is the only medicine and running more or less parallel to it at varying distances, is an-50c. a box, 6 for \$2.50, trial size, 25c. other similar semi-subterranean passage, representing the Gersome instances for many miles.

> mile-long ditches-the first, sec- human agency. ond, and third-line trenches on The digging of the Panama either side, together with the "al- Canal has been generally regardternatives" as they are called—|ed as the biggest thing of the are connected one with another kind yet undertaken, necessitatby a perfect labyrinth of com- ing, as it did, the excavation of munication trenches, represent- just over 250 million cubic yards ing many thousands of miles of of earth and rock. But it is es-

long months in order to scar the excavated for our and the Gerface of Europe with these im- | man trenches. mense ditches. Taken collectively A similar excavation would be nothing like them or even re- sufficient to make four twin parmotely approaching them has allel tunnels through the centre

This Superior

COFFE

As its neme implies is a blend of four special coffees .-

It has a splendid body and will produce a rich, strong, and

AT ALL GOOD GROCERS

\$0.45 per lb.

WM. BRAID & CO., DIRECT IMPORTERS VANCOUVER - B.C.

Stewart & Mobley, Ltd., Wholesale Distributore, Prince Rupert.

invigorating cup of coffee.



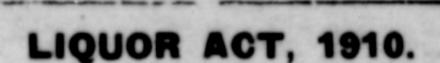
NOW IT'S A FEUR LEGGED RACE

man first-line trenches; and be- A gymkana was hedl at Eastbourne, England, in aid of the meetings, Tuesday, hind each of these opposition recreation funds of the Summerdown Convalescent Military Hos-Thursday and Saturday at 8 p. m ditches again are others, and pital. There were various sports including a four legged race still others extending back in which was one leg more than usual to most Canadians present.

Moreover, each of these 750- ever before been accomplished by

digging and tunnelling. | timated that not less than 1,000 | Entire nations have toiled for million cubic yards have been

of the earth, each 14ft. in diameter and 8,000 miles long, capable of accommodating four Tube trains; while the concrete usedapproximately twenty million cubic yards-would construct a wall 8ft. thick, 12ft. high, and more than 1,000 miles long.—Ex.



(Section 42.) NOTICE is hereby given that, on the first day of December next, application will be made to the Superintendent of Provincial Police for renewal of the hotel licence to sell liquor by retail in the hotel known as the Pine Tree Hotel, situate at Discovery, in the Province of British Co-

Dated this 10th day of October, 1916. CLARENCE MARMADUKE SANDS, Applicant.

lumbia.



FISHERMAN'S ENGINE Cyl.-5 1-2 In. by 7 In., 12-15

Horse Power. 4 Cyl.-3 3-4 In. by 5 1-2 In., 25

For Further Information Apply to

W. E. WILLISCROFT Prince Rupert, B. C.

LAKELSE HOT SPRINGS HOTEL

America, circumference 300 feet-Temperature of Water, 180 d. Fahr.

Excellent Trout Fishing in Lakelse Phone Connections with Terrace. RATES: \$2.50 per day.

For further particulars, apply to BRUCE JOHNSTONE, Manager.

Coughing scatters germs -Stop it

Coughing increases the irritation of the already indamed mucuous membranes nd is moreover apt to carry isease to others. Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects permanent cure. The wonderful popularity

of Mathieu's Syrup of Tar me to its great value as a ermanent lung and bron-Bold everywhere, 35c large

L L MATHIER CO P



# Depend on us for Bread!

Since shortly after the German invasion, the Belgians have depended for food entirely on the "Commission for Relief in Belgium". Their own store of food, even if not destroyed or pillaged, would last only three weeks—they have had no chance to raise more and the ruthless Germans refuse to supply them!

Backed by the

## Belgian Relief Fund

so generously contributed in the British Empire and the United States, the neutral Belgian Relief Commission has imported enough wheat, flour and other foods to feed the whole nation so far. The great majority of the 7,000,000 Belgians left in the country have been able to pay for their daily allowance of bread—but a steadily growing number have no money left.

Unless we are willing to let these hundreds of thousands of women, children and old men starve, they must be fed at the expense of the Belgian Relief Fund. To make this possible someone must contribute nearly \$3,000,000 a month—every month-all this winter!

No people under the Allied Flags are as well able to contribute generously as we Canadians! No cause has ever been more deserving of help! In the name of Justice and Humanity for the sake of our own self-respect—let us give all we can to help our martyred Allies!

Send your subscriptions weekly, mosthly or in one has on to Local or Provincial Committees, or to the Central Executive Committee, 59 St. Peter St., Mentreal

\$2.50 Feeds A Belgian Family A Month.





BABY'S



#### CANADIAN WOMEN SHOULD KNOW THIS-

"CANADA FIRST" Milk is the BEST Milk sold by Your Grocer. The Government Bulletin No. 305 tells the story—IT COSTS THE SAME. ASK YOUR GROCER FOR THIS CANADIAN OWNED CANADIAN MADE PRODUCT-INSIST If you want whipped cream, chill "Canada First" Evaporated —then whip as with fresh cream.

THE AYLMER CONDENSED MILK CO., LTD. AYLMER, ONT., CANADA

# Ramsay's Empire Cream Sodas

In 2-Ib. Tine

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Rameays Empire" when buying Soda Biscuits.

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

Prove it by buying a tin with your next order.

Manufactured by

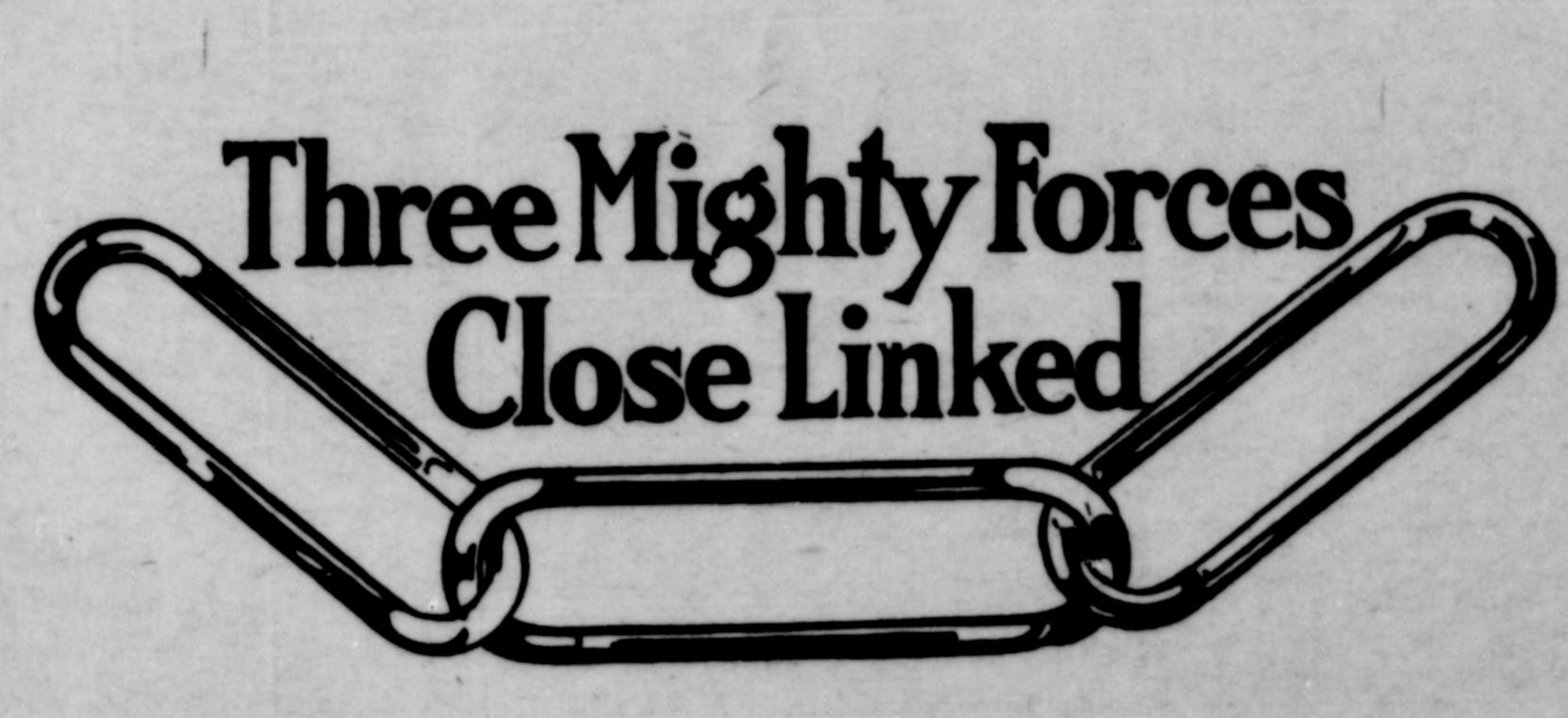
RAMSAY BROS. & CO., LTD. Vancouver, B. C.

### Let Us Save You Money on your Gasoline or Distillate

We guarantee to save you 25 per cent. on gasoline or distillate and upkeep and free any motor from CARBON troubles. A seven ounce box of Carbonvoid is equivalent to 50 gallons of gasoline. Every box of Carbonvoid Carbonvoid to 500 ad- Carbonvoid puts the ditional miles. Carbonvoid is a just drop in the move all carbon : "GO" in Gasoline : dry powder you tank. Will refrom cylinders.

guaranteed or your money refunded. Mailed anywhere on receipt of \$1.50 For Sale Only by Geo. L. Clayton. - Prince Rupert, B.C.

The largest companies in the world use it. THE ALLIES ORDERED IN JUNE 288,000 CARTONS. Previous order 250,000 cartens. Fully



Have you ever noted how an audience yawns in the face of an uninspired speaker?

On the other hand, have you noted how an audience will lean forward and grasp the chair arms when the speaker reveals enthusiasm?

Enthusiasm is the buoyant expression of truth. To impart belief in anything, a man must believe it deeply himself. We call such a man an enthusiast.

This applies to the written word also --- particularly When the manufacturer really to advertisements. believes in his wares, his enthusiasm will almost inevitably find expression in Advertising. And enthusiasm will be contagious—his audience—the readers of the newspaper-will, figuratively speaking, "lean forward and listen intently."

> To be convincing an advertisement must convey an unmistakable impression of enthusiasm. This it will only do when the article advertised has inherent worth.

Thus we have: Sincerity -- Enthusiasm -- Advertising: Three mighty forces, close-linked.

If you are doing a local business talk over your advertising problems with the Advertising Department of this newspaper. If you are doing a provincial or national business it would be well for you to have the counsel and assistance of a good advertising agency. A list of these will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.